

## **EARLY HEAD START TIP SHEET**

### **No. 3**

#### **Do programs need to provide formula during socializations?**

##### **Response:**

Programs need to have formula *available* during socialization activities since they must provide appropriate snacks and meals for each child. Snacks and meals refer to what is consumed by the age group being served.

##### **Considerations:**

- Sometimes, USDA reimbursement is not possible such as when the socialization location is not licensed by state childcare or by USDA. In such circumstances, programs often contract for reimbursable food services through a licensed USDA organization or entity.
- The types of available foods and formulas should reflect the individual needs of the children involved. For example, if a child is lactose intolerant and only drinks soy-based formula, soy-based products should be available for consumption.
- Formula is a fiscally allowable cost for required program services.

##### **Performance Standards, Title 45, Code of Federal Regulations:**

- **1304.23(b)(2) & 1306.33(c)(3)** Grantee and delegate agencies operating home-based options must provide appropriate snacks and meals to each child during group socialization activities.
- **1304.23(b)(1)(i)** All Early Head Start and Head Start grantee and delegate agencies must use funds from USDA Food and Consumer Services Child Nutrition Programs as the primary source of payment for meal services. Early Head Start and Head Start funds cover those fiscally allowable costs not covered by the USDA.

## Resources:

**USDA Regulations** <http://www.usda.gov/>

**Local EHS/Head Start Health Services Advisory Committees:** review menu options for infants and toddlers

### **Program Nutritionists**

Fenichel, Emily Ed. (2000) **The Nutrition of Very Young Children. ZERO TO THREE Bulletin.** ZERO TO THREE: Washington DC

(June 1992) **Bulletin of ZERO TO THREE**, Vol XII. ZERO TO THREE: Washington, DC

**Training Guide for Food Service Personnel in Programs for Young Children** Available via Head Start Information and Publication Center (HSIPC).

<http://www.headstartinfo.org/cgi-bin/pubcatstore.cfm?CatID=85&do=detail>

**WIC and Head Start: Partners in Promoting Health and Nutrition for Young Children and Families (WIC Nutrition Series).** Available via Head Start information and Publication Center

<http://65.205.63.182/cgi-bin/pubcatstore.cfm?CatID=195&do=detail>

Contact **Women Infants and Children (WIC)** directly via

<http://www.fns.usda.gov/wic/>

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*The Tip Sheet is not a regulatory document. Its intent is to provide a basis for dialogue, clarification, and problem solving among the Head Start Bureau, Regional Offices, T & TA consultants, and grantees.*